Healthy Outlook® – helping patients with COPD this winter.

Description

Alongside our Cold Weather Alert Service this winter, the Met Office is working with the NHS and Primary Care Trusts (PCTs) to help keep people well at times of severe cold weather with our specially produced Healthy Outlook® service. The service helps patients suffering with Chronic Obstructive Pulmonary Disease (COPD) stay informed about any potential adverse cold weather periods that may have an effect on their well-being. Healthy Outlook® also gives professionals and patients the opportunity to take action by giving them advance warning of colder weather and circulating infections.

COPD is the term used to describe a number of conditions, including chronic bronchitis and emphysema, where people have difficulty breathing because of long-term damage to their lungs. Poor weather conditions, such as extreme cold in winter can exacerbate COPD symptoms and contribute to breathing difficulties which often leads to a spell in hospital for the patient. There are around 30,000 COPD-related deaths each year in the UK and it is the second highest cause of emergency hospital admissions.

Katie Russell, Met Office Business Manager for Health, said: “We are excited to be working with the NHS and GPs surgeries again this year. The Met Office has been involved in COPD Health forecasting for a number of years and feedback from patients shows that 82% found Healthy Outlook® helped them manage their COPD better during periods of cold weather.”

This winter, Healthy Outlook® is also being trialled in-store in selected retail pharmacies to give those suffering from COPD a more flexible method of managing their condition. By signing up to the service through the retail outlets, patients can benefit from COPD forecast alerts even if their local PCT is not involved.

As with the standard service, patients will receive a pack containing advice and tools that can help them to manage their condition. An automated telephone call to a number of their choice will also alert them to conditions in the environment which are expected to increase the risk of symptoms of COPD becoming worse.

The latest information about the weather and warnings can be found on the Met Office website, iPhone and Android apps and on twitter. Further information on Healthy Outlook can be found on the Met Office’s Cold weather and health web pages.

Date Created
November 2012

October coldest since 2003

Description

Provisional figures from our National Climate Information Centre have shown that this October has been a fairly unremarkable month in terms of weather for the UK.

Temperature, rainfall and sunshine have all been fairly close to the average and there's certainly nothing record breaking about the general figures.

With a mean temperature for the UK of 8.2 °C for the month, it's on the colder side of average and the coldest October since 2003 – which was the same temperature.

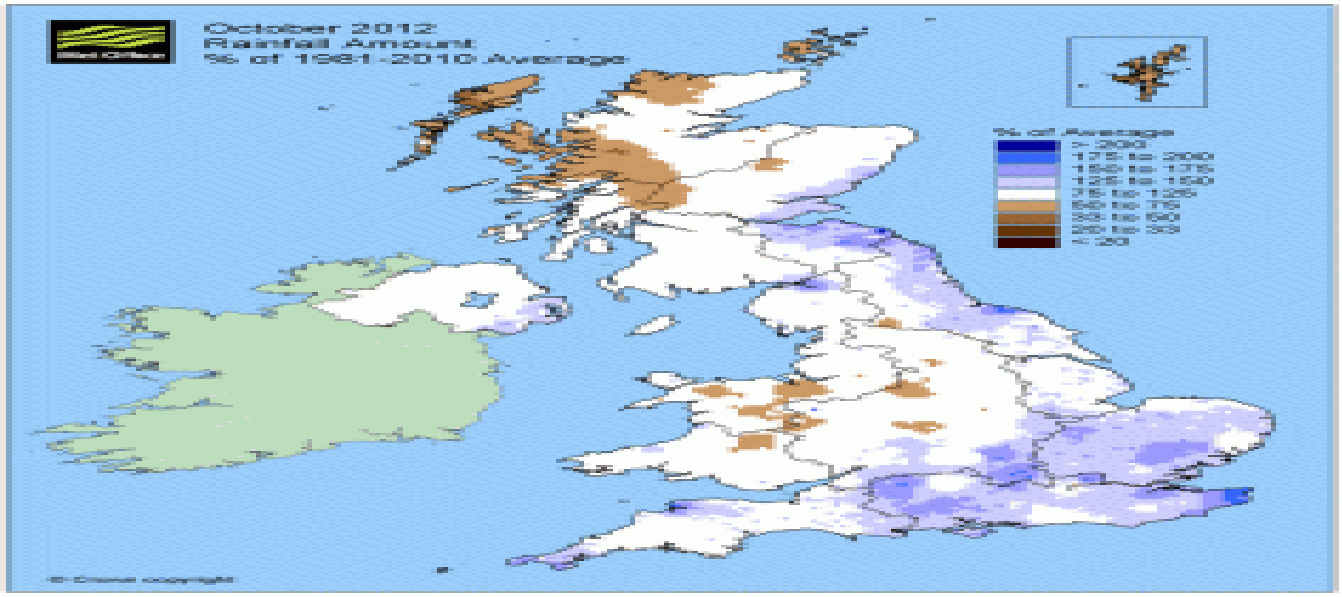
To find a colder month, you have to go back to 1993, which had a mean temperature of 7.3 °C.

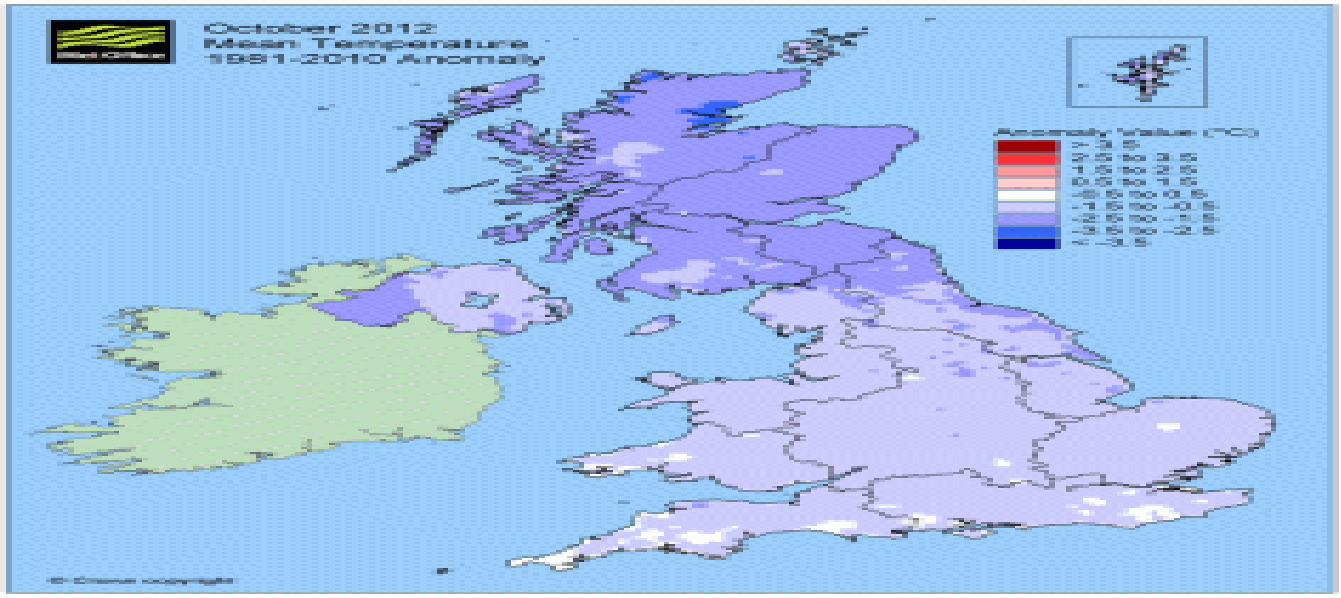
In the records dating back to 1910, this October is ranked joint 18th alongside 2003, 1955 and 1931. Just for the record, the coldest on record was set in 1917, with a much colder 6.6 °C.

For rainfall, the 128.0 mm of rain that fell across the UK during the month is very close to the 1981-2010 average of 127.1 mm – so this October was very 'normal' in that respect.

Sunshine is similarly close to the norm, with 92.8 hours of sunshine virtually spot-on with the 1981-2010 average of 92.5 hours.

As ever, there are some regional variations within the national picture, illustrated with these maps:





With regards to temperature, most parts of the country were cooler than average but parts of Scotland saw slightly colder conditions than anywhere else when compared to the regional average.

While rainfall was average for the UK overall, some parts of southern and eastern Britain were considerably wetter than their regional average but it was a somewhat drier than average month across parts of the west and north – particularly western Scotland.

Sunshine also saw regional variation. Parts of the south-east were notably dull – here it was provisionally the dullest October since 1982. The northern half of the UK, and particularly western Scotland, was somewhat sunnier than average.

Here's a roundup of Met Office observation station extremes for the month:

• Highest temperature: 18.8 °C at Holbeach, Linconshire on 1st

• Lowest temperature: -7.8 °C at Braemar, Aberdeenshire on 17th

• Wettest day (0000 hrs-0000 hrs): 61.4 mm at Ballpatrick, Antrim on the 18th

• Sunniest day: 10.4 hours of sunshine at St Athan, Glamorgan on the 6th

• Strongest gust of wind: 78 mph at the Needles, Isle of Wight on the 5th

Date Created
November 2012

How do we measure snow?

Description

Here at the Met Office, we're already being asked if it's going to be a White Christmas and there's always a lot of interest in snow.

It's too early to give forecasts that far ahead, forecasting snow is – after all – a challenge which requires detailed information. While forecasting snow is one challenge, measuring it when it's on the ground poses another.

There are several reasons for this. First of all snow is subject to the vagaries of the wind and can be blown into deep drifts, leaving bald patches of earth nearby.

Snow also melts, refreezes, and new snow can fall on top. This makes it difficult to discern how much snow has fallen at different times or on different days.

Another tricky aspect of measuring snow is that it often falls on high ground, away from where the majority of the UK population live – and also away from our observation sites.

Snow often falls on high ground but is less common closer to sea-level.

So what do we do to measure this problematic precipitation? In days gone by a manual observer (ie a human being) would go out with a ruler and measure snow on a flat surface.

But this is time consuming, limits observations (as there were relatively few manual observers) and, apparently, became a tricky operation when snow got particularly deep!

So modern technology has given us automated snow sensors which measure snow depth with a laser signal. A piece of artificial turf is the preferred surface below the laser, as it doesn't grow and therefore doesn't complicate readings as grass might.

It's not all that simple though, as even artificial turf can expand and contract according to temperature, as can the soil below it (which can push the artificial turf up or down). Moles can also cause the same

problem! To tackle this, our network is under continual review and calibration to make it as accurate as possible.

These fairly technical pieces of kit can’t be placed everywhere, and until last year there were less than 50 spread out across the UK.

Snow depth sensor

This year we have extended our network with 21 new snow sensors, bringing the total up to 68 – you can see the full network on the map below.

Map showing snow sensor network in 2012

This means we can get snow readings from a wider range of locations, which can help our forecasting and is useful for building records and statistics about UK climate.

It's worth pointing out that while these additions to our observation network are a valuable step forward, the snow sensor network is still relatively sparse in comparison to our UK land weather observation network, which has 463 stations.

Fortunately this is supplemented by observations supplied to the Weather Observations Website (WOW), where anyone can give an up to date measurement of snow or even upload a picture of how

much snow they have.

The very nature of our weather here in the UK means that it’s not possible to give precise information for every location in the country, but our network is being continually improved to provide the most detailed, accurate and up-to-date information available.

You can read more about snow and snow forecasts on our dedicated snow pages.

Date Created
November 2012

It’s snow joke – your weather jokes

Description

Thank you to everyone who shared their weather jokes with us on Twitter. Here’s a selection of our favourites.

@**MrDanielEdwards:** What’s the difference between the weather and climate? You can’t weather a tree but you can climate

@**thisisshaft:** What do you call an overcast Supermodel? Cloudier Schiffer.

@**PeterG_Weather:** What did the cloud say to the Sun? I’ve got you covered!

@**jimthree:** “It’s raining cats and dogs!” “I know, I just stepped in a poodle!”

@**MEschoolweather:** What do snowmen wear on their heads? Ice caps!

@**dispic007:** Q: Where did the meteorologist stop for a drink on the way home from a long day in the studio? A: The nearest ISOBAR

@**Martin_Bolton39:** What did Jack Frost say to Bruce Forsyth? Ice to see you, to see you, ice

@**PeterCrompton1:** This nice weather doesn’t fool me one bit. It’s just a front.

@**ladyaunticathy:** Did you hear about the lightning that refused to go to work? It went on strike!

@**GazetteDMilli:** My computer crashed while I was writing an essay on the wind – thankfully I had it saved as a draft!

@**PaulMcG92:** Why did the woman go outdoors with her purse open? Because she expected some change in the weather!

@**hazzapuckerz:** What did one lightning bolt say to another? You’re shocking!

@**pepperpotdog:** What does a cloud wear under his coat? Thunderwear.

Date Created
November 2012

What's in store this winter? Responding to the headlines

Description

It seems that it is the time of year for colourful headlines about an impending big freeze. We had them at this time last year, which prompted our Chief Executive to write an opinion piece in The Times.

Now we have very similar stories again, with the front page of the Daily Express declaring 'Coldest winter freeze on way' and warning that temperatures are set to plunge as low as -15C.

There have been other stories elsewhere along similar lines, with some saying that the Met Office is briefing the Government about a cold winter ahead.

So what are the facts behind the headlines?

Some of the stories have taken a cue from parts of our current 30-day forecast. Today's forecast for 26 November to 10 December reads as follows:

As is usual, there are uncertainties in the forecast for this period, but there are signs that the changeable conditions will continue through the start of this forecast period. There is also a signal for temperatures to be close to or just below the seasonal average. Into December, although there are no strong indications that any particular weather type is going to dominate, on balance colder, drier conditions than at present are favoured, rather than milder, wetter weather, especially across the southern half of the UK.

However, perhaps what the newspapers have failed to pick up on and report to their readers is that there is still a great deal of uncertainty about exactly what weather we will see – as there often is when looking at timescales of over five days ahead.

The science does not exist to make detailed forecasts for temperature and snowfall for the end of this month, let alone for December or even the winter as a whole.

With regards to us 'briefing the Government on a cold winter', this is related to our three monthly outlook for contingency planners.

This is a complex product designed to help contingency planners making long-term strategic decisions based on risk exposure. However, it's not useful for most other people as it doesn't give one forecast for what's ahead – rather it outlines potential scenarios and their associated probabilities.

It's worth noting that while contingency planners use our three month outlook to inform long-term decisions, they make their operational decisions on our five day forecasts and warnings.

These will always provide the best possible guidance on any periods of cold weather, frost or the likelihood of snow, giving detailed local information across the UK.

Ultimately, we're heading into winter and we expect winter to be colder than the rest of the year – but it's too early to say exactly what temperatures we can expect or where and when we might see snow.

Date Created
November 2012

World COPD Awareness Day – it's not too late

Description

Today is "World COPD Awareness Day" and is based around the theme of "It's Not Too Late". The day is organised by the Global Initiative for Chronic Obstructive Lung Disease (GOLD) to improve awareness and care of chronic obstructive pulmonary disease (COPD) around the world. This positive message was chosen to emphasize the meaningful actions people can take to improve their respiratory health, at any stage before or after a COPD diagnosis.

The theme for this year's World COPD day strongly reflects the work that the Met Office is doing to develop a health forecast that aims to ease the worsening symptoms that patients suffer from as a direct result of weather conditions and virus levels in the air.

The Healthy Outlook® service helps patients suffering with COPD stay informed about, and take positive action against any potential adverse cold weather periods that may have an effect on their well-being. It's not just the patients that benefit either, Healthy Outlook® also gives professionals and patients the opportunity to take action by giving them advance warning of colder weather and circulating infections. Studies have shown that a 20 per cent reduction in hospital admissions can be achieved through the service, which helps patients to stay out of hospital and reduce pressures on GP surgery staff and budgets.

To broaden the reach of our service, Healthy Outlook® is also being trialed in-store in selected major retail pharmacies to give those suffering from COPD a more flexible method of managing their condition. By signing up to the service through the pharmacy retail outlets, patients can benefit from COPD forecast alerts even if their local PCT is not involved. This means that means more people with COPD will be able to get improved access to advice and support.

Katie Russell, Met Office Business Manager for Health, said: "We are excited to be working with the NHS and GPs surgeries again this year, as well as running pilot Healthy Outlook® services in retail pharmacies. The Met Office has been involved in COPD Health forecasting for a number of years and we are thrilled to be able to expand our network of expertise and support this winter.

“We have two major retail pharmacies working with us to broaden the reach of Healthy Outlook® and we are all keen to see how the pilots work across the UK. The involvement of the Co-operative Pharmacy is proving to be a valuable route for patients to receive the service.”

When patients sign up to the service they will receive a patient pack containing advice and tools that can help them to manage their condition. They will also be alerted to conditions in the environment which are expected to increase the risk of symptoms of COPD becoming worse by an automated telephone call to a number of their choice.

Jane Devenish, Clinical Services Pharmacist at The Co-operative Pharmacy, said: “People with COPD can do a number of things to reduce the risk of their condition flaring up, such as minimising exposure to cold air and making sure they don’t run out of medication. With the alerts that are received through the Healthy Outlook® service people can make sure they are prepared for the periods when the weather takes a turn for the worse.”

Date Created
November 2012

October weather summary

Description

October was a typical autumnal month with a mixture of showers and rain and a couple of short settled spells. In our video forecaster Charlie explains the weather that characterised October. We've also included your photos of October weather that you sent in via Twitter and Facebook.

You can read our full October weather overview, including temperature extremes and weather impacts, on our website.

Your October weather images

This slideshow requires JavaScript.

If you would like your image to feature in our November video or slideshow, add your picture to our wall on Facebook or tweet it to us @metoffice. Let us know where you took it and what day it was.

Date Created
November 2012

Responding to more ‘winter weather’ headlines

Description

We wrote only last week that it seems that it is the time of year again for colourful headlines about an impending big freeze.

We had them at this time last year, which prompted our Chief Executive to write an opinion piece in The Times. Now we have very similar stories again, with the front page of the Daily Express declaring last week ‘Coldest winter freeze on way’ and warning that temperatures are set to plunge as low as -15C and again a week on we have another front page from the Daily Express which declares ‘Coldest winter for 100 years on way‘. with the UK expected to grind to a halt within weeks.

These longer range forecasts for December and January have not come from the Met Office and a look at our current 30 day forecast provides perhaps a more measured assessment of our weather prospects to the middle of December:

> *As is usual, there are uncertainties in the forecast for this period. Whilst changeable conditions are considered more likely initially, some signs are beginning to emerge for more settled conditions to develop over parts of Europe. The signal is that these conditions may extend towards the UK during the first part of December. So, although there are no strong indications of any particular weather type predominating, on balance, colder and drier-than-average conditions are favoured over the recent mild and damp weather many areas have experienced.*

What is clear from the forecast is that although there are some signs that after a rather unsettled period, the weather may become colder and drier than we have seen recently there is still a lot of uncertainty in the forecast which again the article has failed to pick up on and report to its readers.

The science does not exist to make detailed forecasts for temperature and snowfall for the end of this month, let alone for December or even the winter as a whole with these types of forecasts only able to provide an indication of how our weather might change, or be different from normal, (i.e. warmer, colder, wetter, drier) across the whole UK or even Europe

Ultimately, we’re heading into winter and it is perfectly possible that we will see the whole range of weather that we get in winter at some point over the coming months, including snow and freezing temperatures, but also heavy rain, windy weather and mild conditions too.

Our five day forecasts and warnings will provide you with the best possible guidance on any periods of cold weather, frost or the likelihood of snow, giving detailed local information across the UK to help you make the most of the weather over the coming months.

Date Created
November 2012

Top ten: wettest counties in the UK

Description

The wettest areas of the UK are in the north of the west of the country, particularly where there is high ground.

The prevailing warm moist westerly winds mean that the west of the UK is more likely to receive rainfall from Atlantic weather systems. These weather systems usually move from west to east across the UK and as they do so the amount of rainfall they deposit reduces. This is because the mountains in the north and west of the UK cause lots of the rainfall to fall in those locations as the clouds are too ‘heavy’ to move over the higher ground.

The table below shows the average annual rainfall for the top ten wettest places in the UK.

	Area	Average annual rainfall (mm)
1	Argyllshire	2218.7
2	Dunbartonshire	1985.9
3	Inverness	1970.2
4	Merionethshire	1883.6
5	Ross and Cromarty	1799.8
6	Carnarvonshire	1793.1
7	Buteshire	1721.3
8	Kirkcudbrightshire	1638.1
9	Brecknockshire	1608.3
10	Westmorland	1604.2

You can find out more about rainfall in the UK including how much it rains and what causes rain on our website. Or you may be interested in our video which explains how we measure rainfall.

Date Created
November 2012

Last night’s heavy rain

Description

As forecast, heavy rain fell across parts of southern and southwestern Britain last night.

Here are some rainfall totals between midnight and 8am from Met Office reporting stations:

Station	Amount
Exeter Airport, Devon	39.2 mm
Dunkeswell, Devon	35.6 mm
Okehampton, Devon	33.8 mm
North Wyke, Devon	32.6 mm
Liscome, Somerset	23 mm
Pembrey Sands, Dyfed	22.8 mm
Mumbles Head, West Glamorgan	21.2 mm
Libanus, Powys	20.8 mm
Yeovilton, Somerset	20.4 mm
Cardiff, South Glamorgan	20.2 mm

More heavy rain, and strong to gale force winds are expected across the UK over the next few days.

Date Created
November 2012

More heavy rain and gales on the way

Description

As forecast, unsettled weather continues across the UK, with more heavy rain and strong winds expected to affect all areas over the next few days.

The Met Office, Environment Agency and Scottish Environment Protection Agency are warning the public to be prepared for possible travel disruption and flooding as some areas see up to 60 mm on top of the rain that has fallen over the last few days.

Paul Gundersen, Met Office Deputy Chief Forecaster, said: “The current unsettled spell of weather is set to continue with further spells of heavy rain expected across the country over the next few days.

“There has been some torrential rain and squally winds on Thursday as a cold front moved across the UK, but another deep depression developing off Iberia will head towards us for the weekend. This is expected to bring more heavy rain and strong to gale force winds to many parts of the country. We urge everyone to keep up to date with forecasts and warnings and be prepared for what the weather will bring.”

There is some uncertainty about exactly what track the low pressure will take at the weekend and so where the strongest winds will be. Currently we are forecasting the potential for gusts of 60 -70 mph for southeastern coastal counties of England overnight Saturday and into Sunday with the potential for storm force winds over the English Channel.

The public can keep up to date with the latest forecasts and warnings for their area on our website and with forecasts on TV and radio during this unsettled spell. You can also be #weatheraware by following us on Twitter @metoffice

Date Created
November 2012

Latest wind and rainfall totals for today

Description

Here are the highest wind speeds reported at Met Office stations so far today (between midnight and 2pm):

Gust speeds

Location	Speed
Capel Curig	86 mph
Loftus	74 mph
Milford Haven Conservancy Board	73 mph
Scilly: St Marys Airport	70 mph
Berry Head	70 mph
Pembrey Sands	70 mph
Culdrose	69 mph
Aberporth	69 mph
Mumbles Head	68 mph
Aberdaron	69 mph

and the highest rainfall recorded between midnight and 2pm:

Rainfall

Location	Amount
Valley	40.6 mm
Mona	37.2 mm
Walney Island	34.4 mm
Aberdaron	33.6 mm
Keswick	30.6 mm
Bridgefoot	30 mm
Threave	30 mm
Eskdalemuir	29.2 mm
Tyndrum	28 mm
Dundrennan	27.6 mm

Date Created

November 2012

Rainfall totals update

Description

The table below shows total rainfall from midnight on the 20th November until 7.00 am this morning. Some areas have had over 90 mm of rain over the last three days.

Location	Total (mm)
Exeter Airport	92
Tyndrum	91
Westonbirt	79.2
Shap	73.2
North Wyke	72
Usk	69.6
Filton	67.6
Libanus	67.6
Winchcombe	65.8
Capel Curig	65.6
Tredegar	64.4
Brize Norton	63.6
Skye: Lusa	63.4
Little Rissington	62.8
Liscombe	62.6
Yeovilton	60.8
Cardiff	60.8
Cluanie Inn	59.8

Further rainfall is expected over the weekend. Keep up to date with weather warnings from the Met Office and flood warnings from the Environment Agency.

Satellite and rainfall radar showing the weather from midnight Tuesday 21st November to the morning of the 23rd November.

Date Created
November 2012

Stormy November weekend

Description

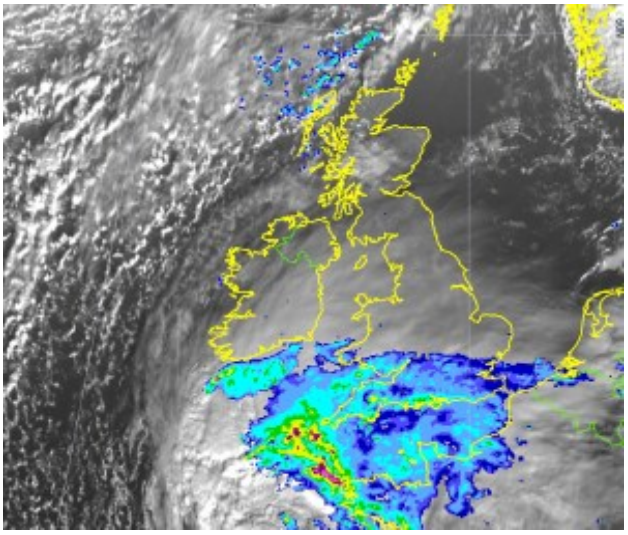
As forecast, unsettled weather continues across the UK, with more heavy rain and strong winds expected to affect many areas at times through the weekend and into next week.

The Met Office and the Environment Agency are warning the public to be prepared for possible travel disruption and flooding as some areas see up to 60 mm on top of the rain that has already fallen over this week.

Eddy Carroll, Met Office Chief Forecaster, said: “The current very unsettled run of weather is set to continue with further spells of wet and windy weather expected across the country over the next few days.

“The southwest of England and parts of southeast Wales are expected to see the heaviest rain on Saturday with between 30 to 40 mm of rain in many parts and up to 60 mm of rain in some areas. Further rain moving in from the west on Sunday continues the risk for further flooding and travel disruption. We urge everyone to keep up to date with forecasts and warnings and be prepared for what the weather will bring.”

Along with the heavy rain strong winds may add to the potential for travel disruption, especially across southern Britain overnight Saturday into Sunday. Winds gusting to 50 or 60 mph are expected across southern counties of England overnight Saturday and into Sunday with severe gale or possibly storm force winds over the English Channel.



Rain spreading north across the UK
Saturday 24 November 2012

John Curtin, Head of Incident Management at the Environment Agency, said: “We would urge people to continue to be prepared for flooding, sign up for Environment Agency flood warnings, keep up to

date with the latest situation, and stay away from dangerous flood water.

“Our teams have been out around the clock over the last few days to minimise the risks and prepare for flooding and we are continuing to deploy teams across the country to keep communities safe.”

Looking a little further ahead the weather is expected to become drier and colder in most areas by the middle of next week, however overnight frost may then bring the risk of some icy roads after the recent rain.

The public can keep up to date with the latest forecasts and warnings for their area on our website and with forecasts on TV and radio during this unsettled spell. You can also be #weatheraware by following us on Twitter @metoffice

Date Created
November 2012

Rainfall totals 24 November 2012

Description

It has been another wet day across much of the southern half of the UK. Here are some rainfall totals between midnight and 9pm from Met Office reporting stations:

Station	Amount
St Mary’s Airport, Isles of Scilly	57 mm
Plymouth, Devon	49.2 mm
Camborne, Cornwall	42.8 mm
Culdrose, Cornwall	40 mm
Cardinham, Cornwall	39.2 mm
Exeter Airport, Devon	31.6 mm
Dunkeswell, Devon	27.6 mm
North Wyke, Devon	26 mm
Bournemouth Airport, Dorset	24 mm
Liscombe, Somerset	21.4 mm

There is more rain to come over the rest of the weekend and into the start of next week.

Date Created
November 2012

24 – 25 November rainfall update

Description

Overnight rainfall recorded at Met Office observing stations from 6pm Saturday 24 November to 8am Sunday 25 November:

Station	Amount
Fylingdales, North Yorkshire	36.6 mm
Pershore, Hereford & Worcester	32.6 mm
Sheffield, South Yorkshire	32.6 mm
Gingley-on-the-Hill	31.8 mm
Leek, Staffordshire	31.6 mm
High Mowthorpe, North Yorkshire	31.4 mm
Exeter Airport, Devon	31.2 mm
Dunkeswell, Devon	30.8 mm
Scarborough, North Yorkshire	30.6 mm
Normanby Hall, Humberside	30 mm

Below are the highest rainfall totals recorded at Met Office observing stations between midnight on Saturday and 8am this morning:

Station	Amount
St Mary’s Airport, Isles of Scilly	58.2 mm
Plymouth, Devon	56.8 mm
Cardinham, Cornwall	49.2 mm
Exeter Airport, Devon	48 mm
Dunkeswell, Devon	47.8 mm
Camborne, Cornwall	44.6 mm
Culdrose, Cornwall	41 mm
Pershore, Hereford & Worcester	40.6 mm
Astwood Bank, Hereford & Worcester	39.6 mm
Liscombe, Somerset	38.4 mm

Date Created
November 2012

Last night’s highest wind speeds

Description

As well as being wet we had some strong winds overnight Saturday into Sunday. Below are some of the highest gusts of wind recorded at Met Office reporting stations:

Station	Maximum gust
St Catherines Point, Isle of Wight	69 mph
Isle of Portland, Dorset	69 mph
Needles Old Battery, Isle of Wight	67 mph
Solent, Hampshire	64 mph
Weybourne, Norfolk	61 mph
Langdon Bay, Kent	61 mph
Shoreham Airport, West Sussex	60 mph
Berry Head, Devon	59 mph
High Bradfield, South Yorkshire	56 mph
Wattisham, Suffolk	56 mph

Date Created
November 2012

Latest rainfall totals and wind speeds

Description

Below are the latest rainfall totals from 6.00 pm Sunday night until 6.00 am this morning.

Location	Amount (mm)
Mona	27.8
Blencathra	27.4
Capel Curig	26
Valley	25.4
St Bees Head	20.8
Keswick	19
Ronaldsway	18.4
Blackpool	18.2
Rochdale	18
Aberdaron	17.4

The highest rainfall totals are now futher north, however as the table below shows, areas in the south west have seen the most rainfall overall. This is in addition to the rainfall totals from the 20th – 23rd November, where some areas saw in excess of 90 mm of rain.

Rainfall totals from midnight 24th November until 6.00 am this morning:

Location	Total (mm)
Plymouth, Mountbatten	72
Scilly: St Marys Airport	66.6
Cardinham, Bodmin	66.2
Dunkeswell Aerodrome	60.8
Camborne	59.6
Exeter Airport	55.6
Fylingdales	51.8
Culdrose	49
Capel Curig	49
North Wyke	48.2

This video shows the rainfall from this period with satellite and rainfall radar imagery.

There were also some strong gusts of wind last night:

Location	Max gust (mph)
Berry Head	62
Wight: Needles Old Battery	59
Plymouth, Mountbatten	49
Isle Of Portland	48
Scilly: St Marys Airport	48
North Wyke	45
Warcop Range	45
Langdon Bay	44

Solent	44
Cardinham, Bodmin	44

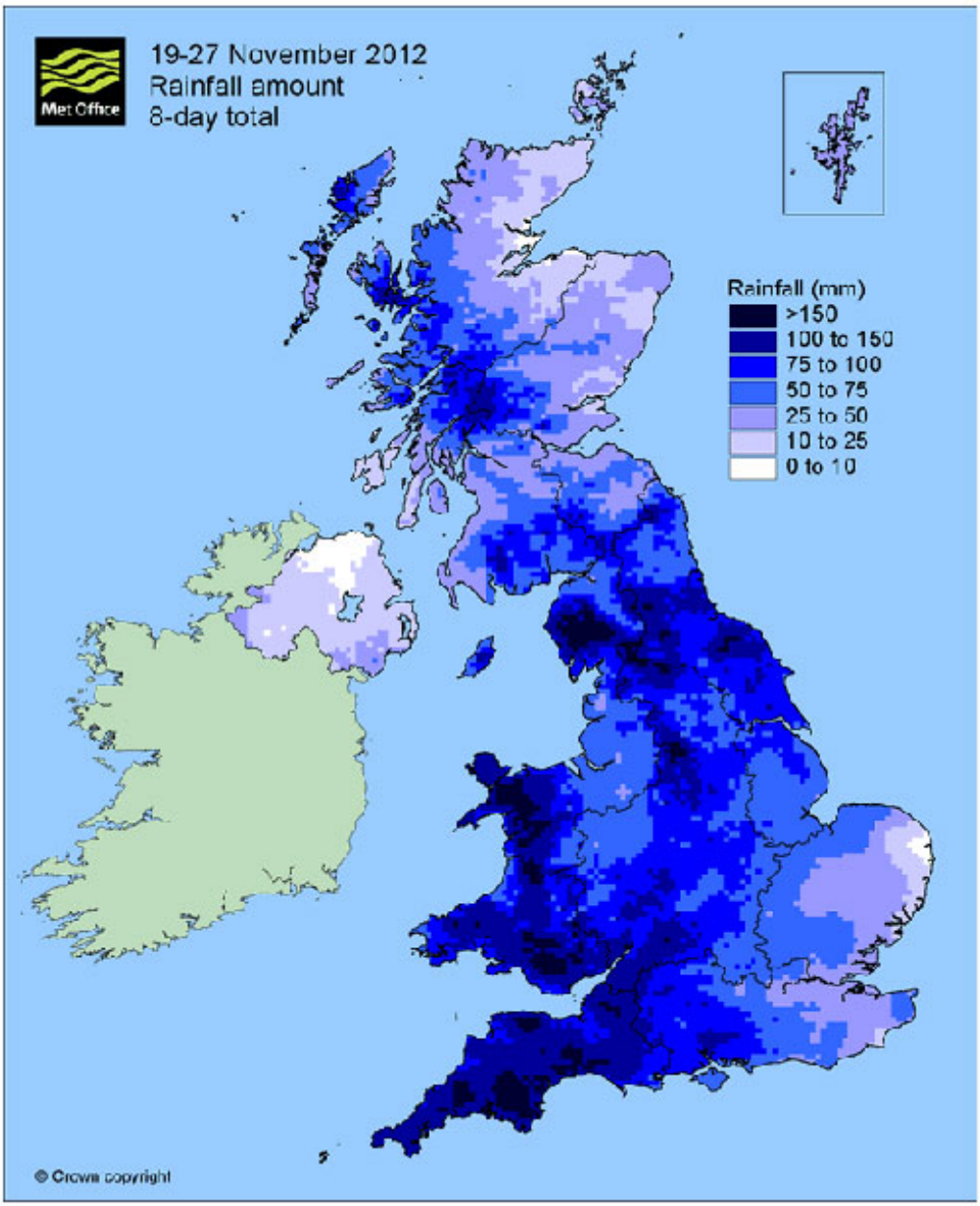
Severe weather warnings are still in place for further rainfall today. Keep up to date with warnings and flood warnings from the Environment Agency.

Date Created
November 2012

UK rainfall over the last eight days

Description

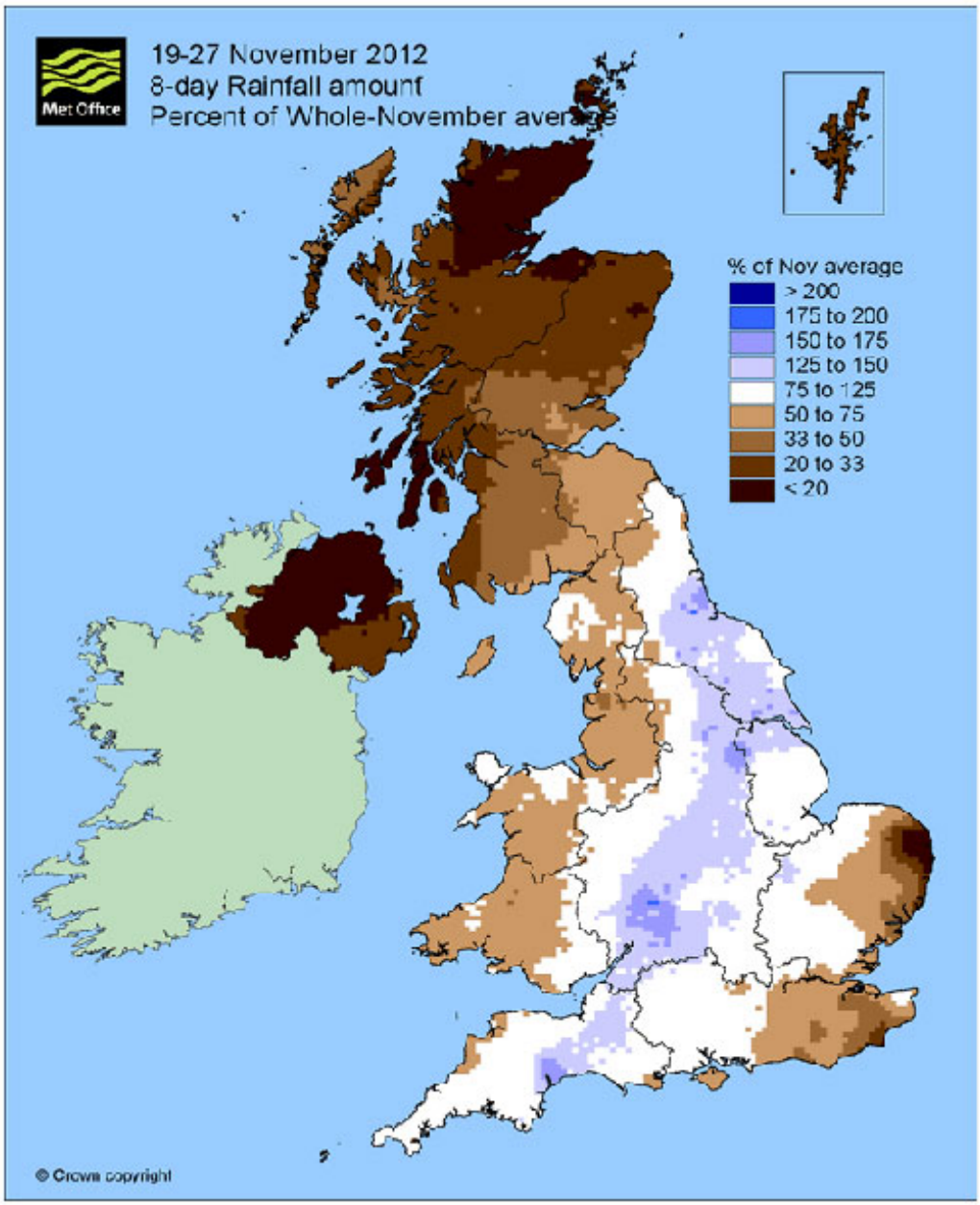
After a dry start to the month, the last eight days have seen some very wet weather affect the UK, causing widespread flooding and disruption. So just how much rain has the UK seen and where has been wettest? The following maps show the full picture.



UK rainfall from 19-27 November 2012

The darkest blues on the map above show the areas that have seen the most rainfall, with South West

England, Wales and parts of Northern England being particularly affected. How do these totals compare with the monthly average for November?



Eight day rainfall totals compared to whole November average

This map shows that areas from North East England through the Midlands to South West England have seen above average rainfall during the last eight days. However, parts of Northern Ireland and Scotland have seen very little.

As always, we have worked closely with the Environment Agency throughout the recent weather and have issued a series of accurate and useful forecasts and warnings which have helped emergency responders, county councils and members of the public stay informed about the latest developments.

Assistant Chief Constable of Devon and Cornwall Police, Paul Netherton, said: “I would like to formally

thank and recognise the hard work of the Met Office over the past week. The information provided was invaluable and enabled the responders in Devon, Cornwall and the Isles of Scilly to prepare and respond effectively to assist our communities."

For the rest of this week it looks as though there will be some respite from the rain with much drier conditions forecast. It will be colder though, with an increased risk of frost, fog and even ice towards as we head through the next few days.

Date Created
November 2012

The Met Office iPhone and Android app gets an update

Description

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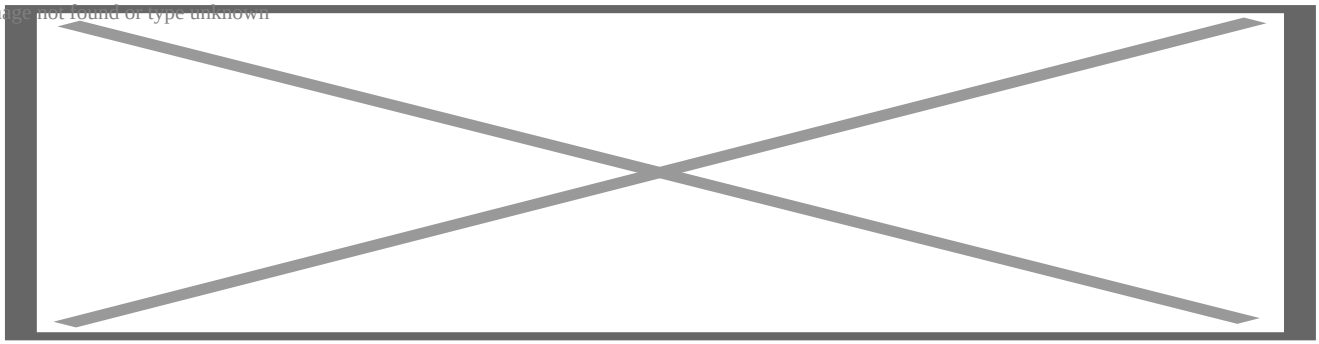

The Met Office iPhone and Android app has been updated and is now available to download in the App Store and Google Play.

As well as bug fixing, the Android and iPhone update has taken on a lot of user feedback and enhanced the customer experience. There is a lot more information on the front screen, including wind speed, UV levels and sunrise and sunset times. Previously users would have had to delve deeper to gain access to this information, but based on user feedback, it was decided to bring this information forwards.

To make sure users receive a consistent experience, the look and feel of the app has been brought closely in line with the Met Office's website. This includes new weather icons and graphics and also new icon-based weather warnings. New locations have also been added to the iPhone & Android app based on user feedback.

Below is a quote from James Tipler, Mubaloo Account Manager for the Met Office app:

> "The Met Office has monitored customer feedback since the launch of the first iOS and Android app, and key trends in feedback have been listened to and addressed in this update. As well as bug fixes, this update makes a number of enhancements to the app which we believe will improve the user experience."

The Met Office app has been a huge success since its launch in February. The iPhone and Android app was downloaded over 1 million times within its first two weeks of launch and during the cold weather in February, it was used over 6.5m times in one weekend – that's 35 times every second. The Met Office app is the 14th most accessed in the UK and was voted number 1 weather app in the Independent. Current downloads to date are 3m for iPhone and 887,000 for Android.

Mubaloo, the producers of the apps on behalf of the Met Office have created a full Met Office Android & iPhone app case study.

This blog post first appeared in Mubaloo's blog

Date Created
November 2012

Met Office wins Social Buzz award

Description

Last night the Met Office won the Social Buzz Award for Best Public Sector Social Media Strategy for ‘Sharing the weather when it matters’.

The award is in recognition of the work of the Met Office has been doing to use social media to engage in online conversations about weather and climate, and to share important messages, such as impending severe weather forecasts and warnings, when it matters.

The Met Office has built a community of over 180,000 followers and fans across Facebook, YouTube, Twitter and this news blog, sharing and engaging in conversations as varied as how severe weather may affect the UK, Saharan dust reaching the UK, and the Jet Stream.

Dee Cotgrove, Head of Communications at the Met Office said:

> “The Met Office Social Media strategy has been a huge success for the Met Office over the past couple of years. This award recognizes the interest people have in the weather and the important role the Met Office plays in keeping the nation up to date with the latest weather information when it matters.”

More information on the awards and a full list of the winners can be found on the Social Buzz Awards website.

This award follows our Computer Weekly best use of social media award in 2011 and being recognised as the 9th most social brand in Social Brands 100 earlier this year, putting us firmly at the forefront of social media within the public sector.

Date Created
November 2012

Last night’s coldest temperatures

Description

As the recent cold spell continues, last night saw some cold temperatures across the UK with widespread frost across parts of the country, with the coldest place being Shap, Cumbria where it fell to -7.0 °C.

The table below shows the top twenty coldest places recorded by the Met Office last night.

SITE NAME	AREA	MIN TEMPERATURE (celsius)
Shap	CUMBRIA	-7.0
Benson	OXFORDSHIRE	-6.7
Braemar	ABERDEENSHIRE	-6.6
Eskdalemuir	DUMFRIESSHIRE	-5.8
Ravensworth	NORTH YORKSHIRE	-5.8
Redesdale Camp	NORTHUMBERLAND	-5.8
Leeming	NORTH YORKSHIRE	-5.7
Carterhouse	ROXBURGHSHIRE	-5.7
Newton Rigg	CUMBRIA	-5.4
Bainbridge	NORTH YORKSHIRE	-5.2
Bridgefoot	CUMBRIA	-5.1
Pershore	HEREFORD & WORCESTER	-5.0
Tyndrum	PERTHSHIRE	-5.0
Keswick	CUMBRIA	-4.9
Hurn	DORSET	-4.8
Spadeadam	CUMBRIA	-4.7
Chillingham Barns	NORTHUMBERLAND	-4.7
Saughall	AYRSHIRE	-4.6
Topcliffe	NORTH YORKSHIRE	-4.6
Aboyne	ABERDEENSHIRE	-4.5

The tables below show a breakdown of the coldest three places for England, Wales, Scotland and Northern Ireland.

England

SITE NAME	AREA	MIN TEMPERATURE (celsius)
Shap	CUMBRIA	-7.0

Benson	OXFORDSHIRE	-6.7
Ravensworth	NORTH YORKSHIRE	-5.8

Scotland

SITE NAME	AREA	MIN TEMPERATURE (celsius)
Braemar	ABERDEENSHIRE	-6.6
Eskdalemuir	DUMFRIESSHIRE	-5.8
Carterhouse	ROXBURGHSHIRE	-5.7

Wales

SITE NAME	AREA	MIN TEMPERATURE (celsius)
Tredegar Bryn Bach Park	GWENT	-3.6
Libanus	POWYS	-3.3
Llysdinam	POWYS	-3.1

Northern Ireland

SITE NAME	AREA	MIN TEMPERATURE (celsius)
Katesbridge	DOWN	-3.5
Aldergrove	ANTRIM	-1.0
Lough Fea	LONDONDERRY	-0.7

The latest forecast from the Met Office shows that it is likely to stay cold with temperatures falling below freezing across many parts of the country over the next couple of night. Temperatures are expected to fall to similar lows tonight, with it perhaps a little colder still on Saturday night.

A full and regularly updated forecast is available on our website.

Date Created
November 2012

Cold weather continues across the UK

Description

http://www.metoffice.gov.uk/media/image/b/i/old_lady_image.jpg

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The drier, colder and frosty weather currently affecting the UK has given some significant relief to those who have been hit by the heavy rain and floods over the last week or so. However, cold weather presents its own problems to the public too, not just from frost, ice and snow, but from its impact upon our health.

The link between the onset of cold weather and its effects on health is documented extensively in research journals, in the UK. Older people are particularly at risk as they do not feel the cold until their body temperature falls. People with Chronic Obstructive Pulmonary Disease (COPD) also have a significantly increased risk of ill-health and hospitalisation during periods of cold weather and high levels of circulating respiratory infections. So many people are affected by the wider impacts of cold weather.

From 1 November 2012, the Met Office launched its Healthy Outlook® service, which is a telehealth alert service, available to patients through participating GP practices. Upon registering, patients receive a pack full of useful tips and contact information to keep them well during the winter months. Each registered patient will also receive a recorded voice call when conditions are forecast that are expected to increase the risk of symptoms becoming worse. The alert aims to give COPD patients sufficient advance warning to avoid the cold weather and keep well. The service aims to minimise the likelihood of a COPD-related exacerbation for patients and the consequential hospital admittance.

Katie Russell, Business Health Manager at the Met Office, said: “Even short periods of extreme cold temperature can cause serious illness for COPD patients. The Met Office has created Healthy Outlook® to help people with COPD take control of their own health. We monitor environmental conditions and warn people when their health is likely to be affected, giving them the opportunity to take action to stay well.”

As well as our standard service, we are also trialling Healthy Outlook® in selected high street retail pharmacies across the UK. This trial of the service will allow people to still take advantage of Healthy Outlook® even if their primary care trust (PCT) has not signed up. Healthy Outlook® is also available for the first time, online, through an e-pharmacy, giving further reach and support to those suffering

from COPD.

Jane Devenish, Clinical Services Pharmacist at The Co-operative Pharmacy, said: “Offering Healthy Outlook® online means those who may be unable to leave the house can have access to this simple, yet effective service to help them prepare for periods when the weather takes a turn for the worse, and so they can reduce the risk of their condition flaring up.”

Forecasters at the Met Office are predicting more unsettled weather during next week but it looks like it will remain on the cold side, so it is important to stay up to date with the latest forecasts and warnings.

Date Created
November 2012